

SENIOR HAPP'Y'NINGS

NOVEMBER/DECEMBER 2018

27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722

HOURS OF OPERATION:

Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director - Linda Hayes
 lhayes@scituatemama.gov

Administrative Assistant

Jill Johnston
 jjohnston@scituatemama.gov

Transportation Coordinator

Kathy Clarkeson
 kclarkeson@scituatemama.gov

Outreach Coordinator

Jenny Gerbis
 jgerbis@scituatemama.gov

Activities & Volunteer

Coordinator

Lisa Thornton
 lthornton@scituatemama.gov

Van Drivers: Mary Brown,

Jay Brien, John White,
 Jim Keeley

Manager of Social Services

Laura Minier
 lminier@scituatemama.gov
 781-378-1653

COA BOARD

John D. Miller, Chair

Dr. Gordon Price, Vice

Janice Desmond, Co-Secretary

Caitlyn Coyle, Co-Secretary

Helen Jablonski, Leslie James,

Janice Lindblom,

Lucille Sorrentino, Henry Yeh

Selectman Liaison

Karen Canfield

Mission of the Scituate Council on Aging

To identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

All that is gold does not glitter, Not all those who wander are lost; The old that is strong does not wither, Deep roots are not reached by the frost. — J.R.R. Tolkien

Director Note: I love this quote – I loved the *Lord of the Rings* Trilogy and I continue to love the movies – they bring me comfort, and there are so many times we need comfort and appreciate when we feel it, however unexpectedly. That is one of the many things that we try to offer at the Senior Center and endeavor to provide as we look at creating a purpose-filled Center for this community—*Comfort, Connection Stimulation, Education, Information, Recreation, Activity, Services, Support*. Even though (as I was reminded recently) our current building does not exude comfort—or ‘glitter’, sometimes it comes from the surroundings that are created with a personal touch – which our staff is wonderful at providing; sometimes it comes from the other participants you encounter during an activity or event – attending exercise with friends, or making new friends with similar interests or in trying something new; sometimes it is knowing that you have made roots in a place and are able to continue to enjoy a community that you know so well and are given opportunities to appreciate. These are the reasons that we hope to attract new participants to our programs, because ultimately it is about the people you meet as much as the activity itself.

As I write this, I had barely become used to summer ending and we are talking about winter storm preparedness. Another reason we need the warmth and comfort of a senior center that can continue to offer plenty of programming despite rain, snow, sleet or cold. We strive to offer activities and programs that get you out and among friends and keep you moving, learning and doing – whatever your interest and (almost) whatever the weather. We will do our best to provide transportation services to the Senior Center and other COA-sponsored trips during minor weather occurrences, but first and foremost, it is about safety if we cannot allow our vans on the road and need to cancel. When possible, the Senior Center will remain open even if activities are cancelled for those without power. Please come to the Emergency Preparedness Talk on November 28 to hear from the Fire Department and other safety personnel regarding how to prepare and react to our increasingly aggressive storm conditions. On November 14, we have an opportunity to discuss driving concerns for older adults in Scituate with our police and traffic officers, so please take advantage and come with your questions. We hope you have seen or participated with our many walkers – traditional, trail-seeking or our new Nordic pole enthusiasts—making this accessible form of fitness and sociability a fun opportunity to ‘wander’ with all the wellness benefits! Lastly, please come out to celebrate Veterans Day on November 8 for this very special and rare concert performance in Scituate by the Navy Band Northeast Pops Ensemble! ♥ **Linda**

Aging Mastery Program ®

See page 4 for details.

Thursdays, Nov 1, 9:30-11am (10 wks)

Space is limited. Sign up required

Aging Mastery Graduates®

AMP REUNION BREAKFAST

NOVEMBER 27, 9:00AM

All AMP Graduates are invited! Sign up required. \$8pp Hot breakfast with coffee will be served! To be held at North River Grille—Widow's Walk

US Navy Band Pops Ensemble Concert

November 8 at 7:00 pm

Center for Performing Arts @ SHS

We are honored to have been selected to host these talented professional musicians to the Town of Scituate for this special performance for Veterans Day to honor and celebrate our veterans of all ages. This is a FREE concert for the community hosted by the COA and the School Music Program. Tickets are available in advance at the Senior Center or call 545-8722.



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ADS to come

Trips — live & learn!

November 2 12-7pm Boston Christmas Festival, \$20 Depart COA @ 11:30am. Return to Scituate approx. 4pm.

November 15 BSO Rehearsal Performance @ 10:30am. Depart SC @ 8am. Cost approx. \$40. Call for details.

South Shore Conservatory of Music—Coffee Break Concerts.

Nov 27 11am Another Blue Tuesday

Dec 11 11am Music from the Movies

Call for Van Ride. \$5 van ride. Free Concert. Reservation required, even if you are driving yourself! Space is limited.

RIDES TO THE POLES FOR VOTING! Nov 6th, 12-3pm
Call 781-545-8722 to schedule a van ride to the polls

November 30 Battleship Cove Museum and Ship Tour
Fall River, MA Admission, boxed lunch and van ride included for \$35. Depart SC @ 8:45am. Return to Scituate approximately 3:30pm.

December 3 Market Basket Shopping & Walmart/Lunch
in Plymouth, \$3 van ride. Bring \$ for shopping & lunch. Depart SC @ 9:30am. Return to Scituate approx. 1:30pm.

December 10 South Shore Plaza Holiday Shopping
Leave the driving AND PARKING to us! Call to reserve a seat on the van. \$5. Arrive SC @ 9am. **10am-2:30pm**

Even if you plan to drive yourself, call for reservation!
PAYMENT IS DUE at SIGN UP for ALL TRIPS

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.**

LOCAL & OUT-OF-TOWN TRANSPORTATION

WEATHER POLICY: If Scituate schools are closed due to inclement weather, our vans will NOT be running for any purpose. Classes offered by the COA will likely be cancelled. If your pathway to the van is not cleared to allow safe passage, the driver cannot pick you up.

10 Ride Pass for \$10 = \$1 each way Cash = \$1.25 each way / \$2.50 round trip Payment for local rides expected at the time of ride.
Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.
Out of Town Medical **CANCELLATIONS** are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.
If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:30 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact the South Shore Community Action Council directly for transportation requests.

MEDICAL RIDES WITHIN SCITUATE* are provided Monday and Friday, only for appointment times between 9 AM and 2:30 PM; Tuesdays and Wednesdays between 1 PM and 2:30 PM. Rides require a minimum of 2 business days advance notice.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

LOCAL RIDES WITHIN SCITUATE are for non-medical transportation and include appointments, the Senior Center or other off site locations for activities, Library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the Council on Aging.

Discount Senior **MBTA Cards** can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

REGULAR SCHEDULED TRIPS. NOTE NEW TIMES!

TUESDAYS: Shaw's Supermarket 10:00 AM – 10:45 AM

WEDNESDAYS: Hanover Mall / Trader Joe's / Dollar Store
10:30 AM – 12:00 PM (2nd & 4th Wednesday of the Month)

THURSDAYS: Scituate Harbor 9:00 AM – 10:00 AM
Congregational Church Lunch 12:00 PM – 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ Ext 3 to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is a "curb to curb" transportation service. Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

Programs, Special Events, Speakers

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

WINTER PREPAREDNESS

Wednesday, Nov 28 @ 10 am

at The Senior Center



Come to hear local professionals from the Fire Dept., Police Dept., Animal Shelter, Social Services, COA and Housing!

Emergency Preparedness Kits will be given away. Supplies limited. Kits will be offered to those signed up before drop-ins.

Sign up suggested 781-545-8722



HOLIDAY PARTY

Tuesday, Dec 18 @ 1-2:30pm

at The Senior Center

Join the festivities! We will be serving a delicious meal with plenty of seasonal tunes to get you in the holiday spirit!

Music provided by Pianist Elmar Fricker. \$10 pp

Space is limited. Sign up required. Sign up early.

Café Talks (& One-Time Classes)

FRI, Nov 16 12:30pm FOOD PANTRY TALK

FRI, Nov 30 12:30pm Succulent Garden

Succulents are all the rage these days. Chock full of interesting textures and shapes, they provide endless opportunities for creativity. They are easy to care for and actually, even prefer a little neglect! Come learn the basics of succulent care while creating your very own winter themed succulent dish garden. LIFE CARE CENTER will provide all the materials. You go home with a low maintenance masterpiece! Sign up REQUIRED

WED Dec 12 10am Author Gerard Doherty

They Were My Friends: Jack, Bob and Ted

Author Gerard Doherty was the only person to have a seat at the table with each of the **Kennedy brothers** when political strategies and decisions were being made. His involvement started at a meeting with President Kennedy in the Oval Office to discuss Ted's Senate candidacy, running Ted's successful campaign in 1962, Bobby's campaign in Indiana in 1968 and countless others. Throughout the book, Doherty weaves in political facts and anecdotes experienced throughout his life that act as historical mile markers. Many of these anecdotes are appearing for the first time in print. What were the inspirations for Ted Kennedy's lifelong fight for affordable health care? What was it like being on stage with Bobby Kennedy the night MLK was shot? How did Bobby convince his skeptical friends that it was time for him to enter the Presidential race? Doherty tells each story with the common touch that he is known for. Sign up is strongly encouraged. 781-545-8722



MEN'S GROUP

Men's Breakfasts Tuesdays 9am

All Men's Breakfast's will be held at The North River Grille Restaurant @ Widow's Walk Golf, unless otherwise noted. Come and connect— socializing is a key to good health, as well as starting the day with a delicious breakfast! \$8/pp. SIGN UP PLEASE!!!

Nov 6— Tom Hall, Speaker will give us a tour of the Mann House.

Breakfast will be at North River Grille, Widow's Walk. Drive to Mann House at 9:30. \$8/pp

Dec 4— Speaker TBA. Breakfast will be at North River Grille. \$8pp

Coffee with the Cops!

WED Nov 14 10:30am Officer Brad Stenbeck

Join our Senior Resource Officer, Brad Stenbeck and Traffic Officer Taylor Billings to discuss challenges and concerns with driving in Scituate. They will be here to TALK and LISTEN, and hope to provide some answers and suggestions for ensuring your safety while on the roads in Scituate. Lots has changed where driving is concerned, and there are always things to learn! Please bring any questions you might have that these officers can help with or bring to the attention of the Chief. Please sign up so we make enough coffee! 545-8722

Aging Mastery Program® (AMP)

Thursdays @ 9:30 AM - 11:00 AM PLEASE REGISTER!
NOVEMBER 1 - JANUARY 10

HEALTHY BREAKFAST SERVED EVERY WEEK @ 9:30AM

10-week health and wellness program to residents 55 and over developed by the National Council on Aging in 2013. The goal of the program is to empower older adults to make and maintain small but impactful changes in health behaviors. This popular program has been offered the last three years and is only available in the Fall/Winter. The weekly presentations will explore: Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Medication Mgmt, Advance Planning, Financial Fitness, Healthy Relationships, Falls Prevention, and Community Engagement. SPACE IS LIMITED.

Memory Training

NOVEMBER 26

NEW, 4-week educational program for improving mild, age-related memory concerns. Interactive format for learning strategies and techniques proven to sharpen memory. Created by UCLA Longevity Center. Grant provided by Scituate Education Foundation for training
Mondays @ 10:30-12:30; Must pre-register; class size limited. No charge.

Once a Month ... Support and Services

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP HELD IN SCITUATE

Third Wednesday at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

3rd Wednesday Town Nurse, Eileen Scotti will be here **@ the Senior Center, 10:30-11:30 AM.**

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS

Wednesdays, 10:00 AM

1st week—Wheeler; 2nd week—Central; 3rd week—Senior Center; 4th week—Lincoln; 5th week—Senior Center.

Screenings include: Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 7781-545-8722 for a morning appointment.

MEET YOUR SENATOR **Sen. Patrick O'Connor**

3rd Thursday
10:30-11:30 AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Long-time Legislative Aide Gigi Mirarchi is available to meet or discuss your questions or concerns while the seat for the 4th Plymouth District remains vacant, pending election of a new representative. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-722-2396 to discuss your issues by phone directly with the office..

FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

FINANCIAL SERVICES



Call for an appt.


Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

Sand Buckets ... for Safety!

Sand Buckets available for seniors who would use them for winter doorway and walkway maintenance. Students will fill with sand and bring to your door! Call the Senior Center if interested in a COA bucket. The student Interact Club is sponsored by the Scituate Rotary Club.

December 2018

Mon	Tue	Wed	Thu	Fri
3 8:30 Yoga 9:45 Chair Yoga 9:30 Jt Efforts 9:30 Market Basket 10:30 Memory Training 11:15 Balance for Life 1:00 Art Class 1:00 Hand Foot Card Game 4:00 Pickleball	4 9:00 Men's Breakfast 10:00 Shaws 9:00 Cardio 10:30 Mah Jong 1:00 Coping with Holiday Sadness 1:00 Scrabble	5 8:30 Yoga 9:45 Chair Yoga & Men's Yoga 1:00 Scituate History 12:30 Balance for Life 3:00 Quitting 4:40 Pickleball 6:00 Badminton 5:00 DINE OUT	6 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	7 8:30 Yoga 9:45 Chair Yoga 9:30 Joint Efforts 11:00 Antiques Presentation
10 8:30 Yoga 9:45 Chair Yoga 9:30 Joint Efforts 10:00 So Sh Plaza 10:30 Memory Training 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	11 10:00 Shaws 9:00 Cardio 10:30 Mah Jong 10:30 Garden Club 11:00 Coffee Concert Series 1:00 Scrabble 1:30 Tai Chi	12 8:30 Yoga 10:30 Mail 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 10:30 Cafe Talk- Gerard Doherty 12:30 Balance for Life 1:00 Scituate History 6 Badminton 3:00 TECH TIME 4:40 PBall	13 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting	14 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix
17 8:30 Yoga 9:45 Chair Yoga 9:30 Joint Efforts 10:30 Memory Training 11:15 Balance for Life 1:00 Hand Foot Card Game 4:00 Pickleball	18 10:00 Shaws 9:00 Cardio 10:30 Mah Jong 1:00 Holiday Party 1:30 Tai Chi	19 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Blood Pressure/Nurse 12:00 Caregivers Support 12:30 Balance for Life 4:40 Pickleball 6:00 Badminton	20 9:30 AMP 11:15 Balance for Life 1:00 Knitting	21 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
24 8:30 Yoga 9:45 Chair Yoga 9:30 Joint Efforts 11:15 Balance for Life 1:00 Hand Foot Card Game	25  Holiday - Offices Closed	26 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life	27 9:30 AMP 11:15 Balance for Life 1:00 Knitting	28 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix
31 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 1:00 Hand Foot Card Game	Annual Scituate Police Association's Senior Luncheon Saturday, DECEMBER 8 @ 12:00 noon To be held at the Congregational Church on County Way. Transportation provided by COA with reservations. Fabulous meal served by our law enforcement men and women and families. Christmas Caroling with the Girl Scouts! Please make reservations through the Senior Center at 781-545-8722. Questions can also go to Sergeant Gilmartin at 781-545-1212. 			

Mon	Tue	Wed	Thu	Fri
NAVY BAND NORTHEAST POPS ENSEMBLE is COMING TO SCITUATE! Please attend our very special event honoring and celebrating our veterans this year. On Thursday, November 8 at 7:00 pm we will be hosting the Navy Band Northeast Pops Ensemble in the Center for Performing Arts at the high school. This is a collaboration of the Council on Aging and the Middle and High School Music Programs for the entire community to enjoy and appreciate. Tickets are free but recommended.				
5 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball	6 VOTE TODAY! Rides to Poll 12-3p 9:00 Men's Breakfast 9:00 Cardio 10:00 Shaws 9:30 Mah Jong 1:00 Scrabble 1:00 Nordic Walking 1:30 Tai Chi	7 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shingles Vaccination 12:30 Balance for Life 1:00 Scituate History 3:00 Quilting 4:40 Pickleball 6:00 Badminton	1 9:30 AMP BEGINS! 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	2 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Antiques Presentation 11:30 Christmas Festival
12 Holiday Veterans Day Observed	13 10:00 Shaws 9:30 Mah Jong 10:30 Garden Club 1:00 Scrabble 1:00 Nordic Walking 1:30 Tai Chi	14 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Coffee with the Cops 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scit History 4:40 Pickleball 10:30 Mail 3:00 Tech Time 5:00 Dine Out	8 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 7:00pm US NAVY BAND CONCERT @ Performing Arts Center	9 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix
19 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball	20 10:00 Shaws 9:00 Cardio 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	21 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Blood Pressure/Nurse 12:00 Caregivers Support	22  Happy Thanksgiving Holiday— Offices Closed	23 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
26 8:30 Yoga 9:30 Joint Efforts 10:30 Memory Training 11:15 Balance for Life 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball	27 9:00 AMP Reunion Breakfast 10:00 Shaws 9:00 Cardio 10:30 Mah Jong 11:00 Coffee Concert Series 1:00 Scrabble 1:30 Tai Chi	28 8:30 Yoga 9:45 Mens Yoga/Chair Yoga 10:00 Winter Preparedness 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate History 4:40 Pickleball 10:30 Mail 6:00 Badminton	29 9:30 AMP 10:00 Walking Group 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	30 8:45 Trip— Battleship Cove 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Succulent Garden

Social Services & Outreach

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs. ahead



MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

Community dinner for all ages sponsored by various community groups. Donations Accepted.

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:45pm, Thursdays 3:30-5:30pm
Food donation drop offs: Tuesday 9am-1pm, Thurs 3pm-6pm
The Food Pantry is located in the lower level of the Masonic

SNAP for Seniors

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors. Even if you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider applying for SNAP:

During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.

Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card. The application for seniors is shorter (only two pages).

If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$90 standard deduction. This deduction could result in a higher monthly SNAP benefit.

To apply, please call Jenny Gerbis at the SCOA 781-545-8873 or 1-866-950-FOOD or visit your local Department of Transitional Assistance (DTA) Office. Once you have applied, you will find out in 30 days whether you are eligible for SNAP.

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

NOVEMBER Please note NEW DAY!

Thursday 11/1 12:30 PM @ Lincoln

Thursday 11/8 12:30 PM @ Central

Thursday 11/15 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

DECEMBER Please note NEW DAY!

Thursday 12/6 12:30 PM @ Lincoln

Thursday 12/13 12:30 PM @ Central

Thursday 12/20 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor Norman Tetreault, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. NO PART D DRUG SEARCH APPTS. Please call to schedule an appt. on the following dates:

November 1, 6, 15, 20, 29 **December** 6, 11, 18

WED, Nov 7, 10AM

@ The Senior Center

SHINGLES VACCINATION

BOOSTER—2nd vaccine

If you received the first SHINGRIX vaccine in July, come to the senior center on Nov. 7 @ 10am for the booster. Vaccinations will be administered by Justine Sollowin, Stop & Shop Pharmacy.

Coping with Holiday Sadness, Depression and Stress—offered by the COA

Tues, Dec 4

1-2:30pm

Terri Henshaw from Beacon Hospice will be here to offer information and discussion on the impact of the holidays on grief, provide practical suggestions for coping and ways the holidays can heal. Sign up requested @ 545-8722.

Scituate Accessibility Awareness Open House

Saturday, November 3

11am-2pm

Scituate Community Building (formerly Pier 44) Jericho Rd

To all area residents, including caregivers, friends, and families!

Celebrate Differences and learn about Accessible Services & Resources!

FUEL ASSISTANCE 2018-2019

Please call Jenny Gerbis with questions or to set up an appt. 781-545-8873

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30, 2019. The program is open to the community and the Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

ID for head of household; Social security numbers and DOB for all family members; Last 30 days income for all family members over 18 unless in college full time; Social security award letter; Pension or IRA distributions; Unemployment; Child support; Copy of heat bill; Copy of electric bill and Town of Scituate tax bill; Mortgage bill or rent receipt if applicable. Homeowners cover letter if you own your house.

Age Well at the Senior Center

Fun & Learning!

FRIDAY FLIX 2ND & 4TH FRIDAY @ NOON

*Surround Sound, English Subtitles, 65" Flat Screen TV
Snacks and popcorn always served.*

Only The Brave, PG-13, 2017 Biography/Drama NOV 9
How to Make an American Quilt, PG-13 2009 DEC 14
My Week with Marilyn, R, 2011, Biography/Drama DEC 28

New Learning Series set to begin this September!

"MAPS" - Monthly Antiques Presentation Series

First Friday of the Month, 11am to noon

November 2 South Shore Bird Decoys and Carvings

The South Shore has received national attention for its rich tradition of whittling decoys and creating bird carvings.

December 7 Currier and Ives Colored Lithographs

Currier and Ives lithographs depicted a romanticized America from 1855 to 1900 that has become part of the nation's self image. We will look beyond the popular images!

January 4 Andrew Wyeth Watercolors

Andrew Wyeth is most often recalled as an artist who captured rural settings, but he also was a master of watercolor.

Sign up is necessary! Cost \$4 each or sign up for all 3 presentations for \$10. Presented by Bob Jackman

QUILTING GROUP

SCITUATE STITCHERS

November 7, December 5

Wednesday 3-4:30pm

Join other quilters, experienced and beginners. Bring a project or start a new one. Drop in or call 781-545-8722 to sign up. Held at Senior Center, Group meets **MONTHLY!**

EXPRESSIVE WRITING

Liz Ennis NO FEE

ONGOING THRU DEC 13

Thursdays @ 11:30am

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming environment. Cultivate mindfulness, gratitude and joy!

GARDEN THERAPY

Space is limited. Sign up Required

Nov 13 @ 10:30am - Fall Foliage

Dec 11 @ 10:30am - Festive Greens

Materials and Demonstration by Scituate Garden Club

DINE OUT "Supper Club"

Departs approx. 4:15pm

Reservation @ 5:00pm

Call for reservation!

Van ride \$3.00

**Fox & Hound Wood Grille & Tavern
Quincy, MA**

November 14

**The Fairview
Brant Rock, MA**

December 5

PAINTING CLASS

@ Senior Center

MONDAY 1:00-4:00PM

THURSDAY 4:00-7:00PM

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month. \$10 class*

Monday classes resume Sept 10—Ending — Dec 3

Thursday classes continue thru summer. Ending —Dec 6

SCITUATE HISTORY

OCTOBER 31, 1-2:30PM

Scituate Roads 1860 to 1950 – w/Bob Jackman on Wednesdays, (6 Sessions) from 1pm to 2:30pm, October 31, November 7, 14, 28, December 5, and 12. Tuition \$20.

This course will follow the transition from winding, traditional cart ways to straight asphalt roads suitable for high speeds and durable under heavy use. As Scituate struggled to adapt, town government was forced to redefine the concept of municipal funding of public infrastructure. Decisions to invest in some roads had the effect of reducing the significance of other roads and property. Beyond the internal adjustments within the community, the municipal government was forced to evolve new processes for cooperating with state and county decision makers. We will follow the remapping local roads and intersections and the implications upon the community.

TECH TIME

w/ S.H.S. students

Wednesday 3:00-4:00pm

Nov 14, Dec 12

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help. Sign up encouraged.

Job Seekers Networking Group

Start Date: Ongoing, 2nd & 4th Wednesdays @ Scituate Town Library

NETWORKING WORKS! Your AGE really is your EDGE!

10:30am - 12:30pm

Funded by the state's Executive Office of Elder Affairs and managed by Massachusetts Councils on Aging (MCOA),

the Scituate COA is pleased to host this program. We are one of only 16 sites selected by MCOA for this important program for 50+ individuals looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Meet, network & learn about a new topic at each biweekly group meeting. Call the Senior Center to pre-register. Or, please pass on to a friend or relative who may be interested!

Experienced facilitator and guest speakers.

Body & Brain Health at the Senior Center

Have you ever heard, "You can do anything for 30 days." Why not try something new? Most habits are formed in 28 days, so if you've been wanting to get moving, try it now. If you do, by January 1st you won't need to make a fitness News Year's Resolution, you'll be celebrating your accomplishment! You'll be toasting to your improved health!

NORDIC WALKING COURSE

Tues. Nov 6 & 13

Scituate Library, Community Room/Outside 1-3pm

2 Week Interactive Course. SIGN UP @ 545-8722 Class held at SCITUATE LIBRARY— COMMUNITY ROOM on the lower level.

Have you ever seen someone walking with poles and wondered, WHY? Did you know that in European countries, 15% of walkers use poles to get a better full body workout and increased health benefits! Would you like to learn about it and give it a try?

1. *Nordic Pole Walking burns up to 46% more calories* than exercise walking without poles or moderate jogging. 25-30% on average. Only have time for a 30 min walk? Adding poles turns it into a 55 min walk/workout.

2. **Increases heart and cardiovascular training to 25%**

3. **Incorporates 90 % of all body muscles** in one exercise and increases endurance of arm muscles, neck and shoulder.

WALKING GROUP

THURSDAYS @ 10:00am

Like to walk? Need some motivation or conversation...join our new walking group with walk leader, Dot! Short, local walks will start at the senior center.

NORDIC WALKING GROUP

THURSDAYS @ 11:30

Have you been trained in Nordic Walking? Join this group of like minded fitness walkers! Please make sure you are on our call list for Nordic walking and we will keep you posted about walk location and any cancellations due to weather. Wear comfortable walking shoes. Reserve poles @ 545-8722. Cancellation decisions due to weather will be made by 10:00am

TAI CHI

ONGOING

Improve balance and overall health and well-being with this 24 week program. Begins Nov 13. Call 545-8722 with questions. Led by Linda; \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio *	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	11:30 Nordic Walking Group	TBA	9:45 Chair Yoga	HCB	10:00 Walking Group	Meet @ SC	9:45 Chair Yoga	HCB
9:30 Joint Efforts *	SC	Call for Nordic walk location.		9:45 Men's Yoga				9:30 Joint Efforts*	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	Trail Walking returns in the Spring.	
Some classes may cancel during the holiday season due to instructor availability and weather. Substitute teachers will be found when possible. Please call to confirm class dates and times.									

HCB = Harbor Community Building @ 44 Jericho Rd

SC = Senior Center

LBR=Library

STM = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 / 12

Chair Yoga Anne/Elizabeth, \$5

Men's Yoga: Anne, \$10 / 12

Joint Efforts: Anne-Marie/Phyllis, \$3

Balance for Life: Stretch, strengthen, tone w/ Sue! Lots of fun! \$5 per class; \$8 / 2 classes; \$10/3 classes a week

BOWLING LEAGUE

Satuit Bowlaway, Cole Pkwy

TUESDAYS 9:30-11:30 AM

Join for \$5, which includes End of Season Banquet. \$10/wk for lanes & shoes.

SENIOR PICKLEBALL PROGRAM

@ Jenkins School Gym

Mon 4-6pm, Wed 4:40-6pm

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School

Drop-in!

All are welcome!

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-Noon. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Interested in Texas Hold 'em? Call 545-8722

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS 1-3PM, held @ SHCB (Jericho Rd) NO instructor

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

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Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: November TBA & December 13 at 5:30 pm.



Thank you to these familiar senior volunteers who were happy to help with planting and maintaining gardens near the Harbormaster's office for the Beautification Commission this summer. Well done!

WE ARE ON-LINE TOO!

You can read this newsletter on-line BEFORE it comes in the mail.

Go to: Town website at scituatema.gov; Department-Council on Aging, and Newsletters.

ALSO, www.ourseniorcenter.com
Find: **Scituate Council on Aging**.

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

"Like" us on Facebook:

Search **Scituate Council on Aging** AND **TownofScituate** Share to your friends!

Follow us on Twitter: @ScituateCOA.



Upcoming FOSS Fundraising

FOSS Christmas Fair

Saturday, December 1st, 9:00am
Held at St Mary's Church Parish Center
Edward Foster Rd., Scituate

All events support
the Senior Center
Building Fund

Consider joining the **Friends of Scituate Seniors** to lend your support

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 N. Scituate, MA 02060.